

Learning and Changing
Educational Sessions for
Domestic Violence Awareness Month

GET A GRIP SERIES Tuesdays, at 1600-1800

(In the ACS Conference Room at Schinnen)

This is an informative series on a variety of topics for ALL Age groups; including adults and teens.

Whether you are a family member, single soldier, or student, there is something for everyone!

Topic Schedule:

1. GET A GRIP ON BUILDING RELATIONSHIPS 4 October

Working from the premise that if individuals are to be successful in meeting the daily challenges of work, school, home, and the future, they must develop strong skills for managing their relationships, this workshop is packed with techniques that can help people get along better with friends, family, teachers, employers, and peers.

2. GET A GRIP ON COMMUNICATION 11 October

Participants will understand the importance of learning and using communication skills. Verbal and non-verbal communication will be explored along with the principles of effective communication.

3. GET A GRIP ON ANGER 18 October

Hands on workshop provides participants with the skills needed to deal constructively with their anger as well as opportunities for them to apply what they learn to their own lives.

4. GET A GRIP ON TEENAGE STRESS 25 October

(At AFNORTH International School.)

Teenagers participate in discussion of causes and implications of stress. Methods of coping and strategies for overcoming persistent on set of stress among young people will be presented. Students can gain credits for attendance.

Other Educational Opportunities:

Soldier and Professional Training, 20 October from 1300-1500 - (At the JFC Theatre)

A forum for raising awareness, gaining knowledge and learning effective responses to domestic violence in the Netherlands. Lecture to be presented by Dr. Yvonne Winants, University of Maastricht

Response Services Information Session, October 27 from 1300-1500 A time to meet, greet, and gather informational resources from your community agencies!

Some Agencies to meet:

- a. Chaplains Services
- a. Substance Abuse - K-Mar , Drug and Alcohol
- b. Family Services - GK Family Support and Army Community Service
- c. Behavioral Health Service - GK Clinic
- d. Military and Family Life Consultants

For More information Please Contact the ACS at (0)46-443-7500 or DSN:360-7500